**MANGO Mania WEEK #3**

**Energy Drinks and Sport Drinks**

Energy drinks (ie. Redbull, Monster, Red Rain, Rockstar, Amp, Five hour Energy) claim to give you more energy and make you more alert. However, they are full of caffeine and sugar!

They also contain other substances, such as guarana, that has 2-3 times more caffeine than a coffee bean. The amount of caffeine in most energy drinks exceeds the recommendations for children.

Caffeine can cause nervousness, anxiety, stomach/intestinal upset, rapid heart rate, trouble sleeping, headache, fatigue, irritability and poor concentration.

Therefore, energy drinks won’t give you energy to play but will make it dangerous to do physical activity. Energy drinks & physical activity are a dangerous combination.

Energy drinks should not be confused with sports drinks such as Gatorade, G2 or Powerade. Sports drinks replenish electrolytes to rehydrate the body following intense exercise. Sport Drink **should only** be used when doing intense exercise for long periods of time.

Most of the time, water is sufficient to keep you hydrated during physical activity!